

Winnipeg Region Fall Newsletter

November, 2025

Issue #7

TAANISHI LATONN!

WELCOME AUTUMN!



From left to right: Minister JoAnne Remillard, Vice-President Andrew Carrier,
Minister David Beaudin

Event: Winnipeg Métis Association Inc. - Annual Regional
Meeting (ARM)



A MESSAGE FROM OUR VICE-PRESIDENT

Tawnshi! Hello! Bonjour!

Fall is here, and with it comes a season full of community, connection, and celebration! On behalf of the Winnipeg Region of your National Government of the Red River Métis, the Manitoba Métis Federation, and staff, I hope you are enjoying the crisp, colorful days with family, friends, and neighbours.

This season has already been filled with meaningful moments. Our Winnipeg Region Street Festival brought citizens together to celebrate our vibrant culture, connect with one another, and share in the spirit of community. Even the rain couldn't dampen the festivities, the day was alive with music, dancing, and laughter.

We also took time to reflect on an important part of our shared history at the National Commemorative Gathering for Truth and Reconciliation Day in Ottawa, as well as during the walk at St. Vital Park for the National Day for Truth and Reconciliation. These gatherings honored the resilience and strength of our communities and reaffirmed our ongoing commitment to reconciliation.

Our Annual Regional Meeting provided an opportunity to engage directly with citizens, hear your feedback, and discuss ways to strengthen our programs and services. The Annual General Assembly, held from October 17th to 19th, was an incredible weekend of connection, collaboration, and celebration of our achievements across the Region.

We are also proud to congratulate Melanie Lalonde, the newest IWS Board of Director for the Winnipeg Region. Welcome and best wishes as you begin this important role! As well as a huge shoutout to all our Locals for your hard work and dedication. Your efforts make our community stronger every day.

On behalf of the Winnipeg Region, I thank you for your continued support. We remain dedicated to working with all levels of government to serve and uplift our community. Stay connected with us on Facebook, and remember to register for newsletters and email updates from your National Government, the Manitoba Métis Federation, at www.mmf.mb.ca.

Marsii
Andrew (André) Carrier, Vice President
Winnipeg Region, MMF



PHOTO GALLERY



KEEPING UP WITH THE WINNIPEG REGION

UPCOMING IMPORTANT DATES:

- **November**
National
Indigenous
Disabilities
Awareness
Month
- **November 8**
Indigenous
Veterans Day
- **November 11**
Remembrance
Day
- **November 16**
Louis Riel's
Execution



UP NEXT:
PAST
EVENTS &
PROGRAMS

ORANGE SHIRT DAY

COMMEMORATION IN THE PARK

Lii Michif Otipemisiwak 2SLGBTQ+ And Allies Local, St. Norbert Parish-La Barrière Métis Council, and Winnipeg North Local partnered with the Winnipeg Region to host a community gathering in St. Vital Park. This event included an opening ceremony, traditional food and entertainment, and a memorial walk.

The gathering created space for reflection, connection, and healing as Citizens came together to honour Survivors and remember the children who never made it home. The evening's atmosphere was one of unity and respect, strengthened by shared stories, traditional food, and music. It was a powerful reminder of the strength and resilience within our Métis community.



STREET FESTIVAL & FUNDRAISER



Citizens came together on Sunday, October 5th, for the Winnipeg Métis Association's Street Fest at The Métis Club, 406 McGregor Street. The afternoon was filled with music, dancing, delicious food, and a pop-up market showcasing the work of talented Red River Métis artisans. Attendees also took part in a 50/50 draw and silent auction, with proceeds supporting the Bereavement Fund and a new program designed to create space for Métis artists to share their work. It was a vibrant celebration of community, culture, and creativity that brought everyone together in a spirit of connection and support.

WINNIPEG MÉTIS ASSOCIATION INC.

ANNUAL REGIONAL MEETING (ARM)

On Saturday, September 6th, the Winnipeg Métis Association Inc. held its Annual Regional Meeting (ARM), bringing together Locals and Citizens to discuss important business for the year ahead. The meeting provided an opportunity to reflect on the Region's accomplishments, review ongoing initiatives, and share plans for the future. We thank everyone who attended and contributed to these meaningful discussions that help guide the continued growth and success of the Winnipeg Region.



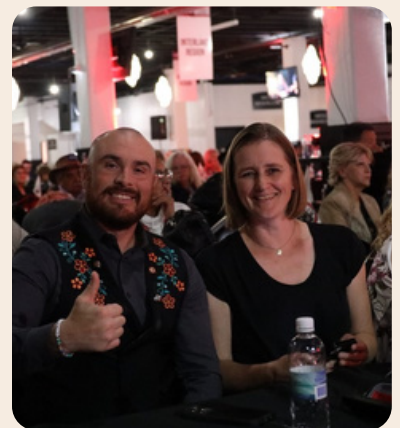
ANNUAL GENERAL ASSEMBLY (AGA)



From October 17th-19th, Red River Métis Citizens gathered for the Manitoba Métis Federation's 2025 Annual General Assembly (AGA). Over three days, Citizens heard important updates, celebrated accomplishments, and discussed the future direction of our Nation. The event brought together leadership, Locals, and Citizens from across the Homeland to share in community, culture, and progress.

We thank everyone who attended and contributed to making this year's AGA a success. Your continued participation helps strengthen our Nation and ensure that the Red River Métis voice remains strong and united.

AGA PHOTO GALLERY



FRESH VEGETABLE PROGRAM



FROM OUR GREENHOUSES TO YOUR TABLE

As the season turns and the harvest comes in, we're grateful to share the bounty of our Fresh Vegetable Program with Citizens across the Winnipeg Region. Since June, this program has provided fresh vegetables from the MMF Greenhouses each week, helping us celebrate the spirit of community and the harvest season together.

A huge thank you goes out to the Energy, Infrastructure, and Resource Management Department, who planted, gardened, and harvested all the vegetables this year. With just a few weeks left until the program wraps up in November, we want to thank everyone who has taken part so far. Your participation helps keep this program strong, and we look forward to finishing the season on a high note!

For anyone interested in more information, or wishing to register for next year, please visit our website:

mmfwinnipegregion.ca/vegetable-program



Or, scan to register!



APPLYING FOR CITIZENSHIP AND NEED PAGE 10 SIGNED? FOLLOW THESE INSTRUCTIONS!

Steps:

1. Visit <https://mmfwinnipegregion.ca/important-information> and scroll to the bottom of the page to find contact information for all Winnipeg Region Locals, then choose one that best fits your needs.

Note: Locals are not bound by location. You may choose any Local that you feel will suit your needs, regardless of your area of residence.

2. Complete the top section of page 10 of the application and scan it to your chosen Local via email or call them to schedule an appointment to have it signed.
3. If submitting online, upload the signed form.
4. For in-person submission, book an appointment with one of our Regional Registry Officers by emailing wpgregioncro@mmf.mb.ca or by phone to 204-586-5716.

Scan here to view
the Local Contact
Information List

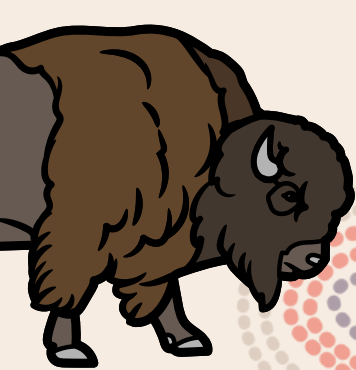


LOCAL UPDATES!

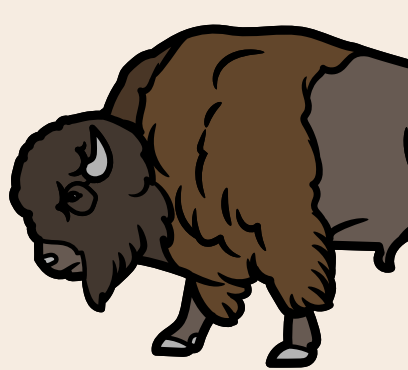
All 19 Locals were invited to contribute to the Fall Newsletter. These are the updates from those who chose to submit.

Note: Local updates are published as received. The Winnipeg Region does not edit submissions. Any errors or corrections can be addressed directly with the Local.





BISON LOCAL



Activities

Recycling 4 Animals



Bison Local Members Ron Breland and wife Gwen Breland collect scrap metal and donate some of the proceeds to animals in need of care. This is done under the name Recycling 4 Animals.

Recycling 4 Animals was recently highlighted on APTN for the amazing work they are doing. Way to go Ron and Gwen!

They will take anything from cars, riding lawnmowers, snowblowers, welders, pressure washers, appliances, microwaves, vacuums, lawn and pool equipment to pots and pans. They adopted Timmy from Beagle Alliance, rescued from testing lab and are helping Chase (Babaaminizhikawaad "he chases them around") an Ojibwe spirit horse being cared for at Sagehill stables.

Please PM Ron on Facebook or text 204-799-9382 if you have some scrap metal you would like to get rid of while helping a good cause at the same time.

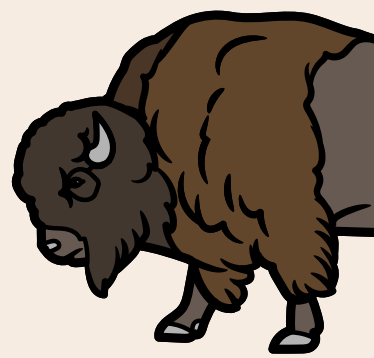


Picture of the Bison Local Executive and Local Delegates at the MMF Winnipeg Region 2025 Annual Regional Meeting (ARM).





BISON LOCAL



Accomplishments

Congratulations to Bison Local member, Dani Nowosad, for winning the POLAR's Malcolm Ramsay award.

Dani Nowosad is an applied ecologist completing her PhD on insect biodiversity from the University of Guelph in May 2025. She is a Postdoctoral Fellow in Veterinary Medicine at the University of Calgary with Dr. John Soghigian and Dr. Susan Kutz.

She has been working in the Kitikmeot region of Nunavut since 2019 with a focus on community-driven research about invertebrates.



Congratulations to Bison Local Member Luke Enns.

Luke recently won 2 medals at the Canada Summer Games in St-John's Newfoundland. Luke earned silver in the k1 200m and bronze in the k1 5000m.

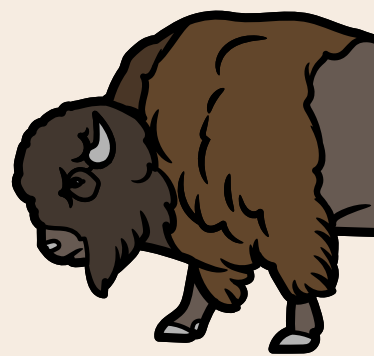
Way to go Luke!





BISON LOCAL

Accomplishments



Congratulations to Bison Local Member, Drew Bousquet on being accepted into the UofM Medicine program!

Drew has ties to the Métis community of St. Laurent Manitoba and his family names include; Wilkie, Nadeau, and Gladu.

Drew grew up in the medical system and has wanted to be a doctor since he was a young boy. Drew's sister was born with a rare condition, and when Drew was thirteen, he himself had a major operation. These experiences led to the realization that he wanted to be a doctor.

Drew started volunteering at Concordia hospital in high-school and has been working in medical administration from the time he finished high school in 2018 up until he was accepted into med school this year. Drew was accepted into the UofM Medicine program on the first try, with an entrance scholarship.

Drew only applied to medical school in Manitoba because he truly believes in serving our province, and helping our people, the Red River Métis. He is utterly set on never leaving Manitoba.



INFINITY LOCAL



Infinity's youngest citizens, Delilah Hartshorne (above), and Chase Favreau (below)



Infinity Local was brought to life again on July 7th when elections were held. The elected Local Executives are Bonnie Potyk, Chair; Tiffany Monkman, Vice Chair; Carollee Fronda, Treasurer and Vanessa Lesperance, Secretary (also a Beyond Borders citizen from New Westminster, B.C.) The Local has worked hard to get everything in place and looks forward to holding their first event in December as a Christmas gathering! Many events, workshops and family days are being organized for 2026!



Celebrating a milestone: Infinity Local held its first Election and took its first group photo on July 7, 2025.

LIBERTY



Believe in yourself; Believe in Métis



Moccasin Workshop

Liberty Local is sponsoring a six-week moccasin making workshop for its members and their families.

Participants are learning how to sew leather moccasins, trimmed with rabbit fur, and beaded using the one-needle bead embroidery/flat stitch technique. Participants are all provided with the same leather, fur, and bead colours and a simple pattern to bead on their moccasins (with options to bring/buy own products if wish, instructor will explain during first class). Workshop includes some homework. Beadwork example:



Facilitator: Shannon Tara Kalić of Waabishki Miigwan Creations

Dates: Thursdays, September 18, 25, October 2, 9, 23, 30



Liberty Local is excited to highlight an ongoing 8-week moccasin-making course led by Shannon Tara Kalić of Waabishki Miigwan Creations. Citizens were invited to join free of charge and learn the traditional art of moccasin making in a hands-on, welcoming environment. It's been a wonderful opportunity to connect, create, and celebrate Métis culture.



NEW HORIZONS

New Horizons Local came together for a meeting on September 8th at the Earl Grey Community Centre where our meetings will be held this year (and on Zoom). We had a productive meeting planning fall activities and hearing about MMF and Winnipeg Region activities through Minister David Beaudin.

Our Executive and Elder Representative and one member were able to attend the Winnipeg Region Annual Regional Meeting September 6th, where we enjoyed hearing from the speakers and engaging with all of the MMF departments. Our Executive and Elder representative were also able to attend (some online and some in person) the Infinity Women Secretariat AGA and enjoyed the informative weekend.

New Horizons Local held their first cultural event: a Métis historical walk with an Métis educator from Louis Riel School Division. The tour took us through parts of the Forks, Downtown and St Boniface where we were able to learn and reflect on the significance of the land, historical sites and beautiful sculptures along the way. Nine members were in attendance.

Looking ahead, New Horizons is excited to host their first Meet and Greet Event, Sunday November 23rd, from 1:00 to 4:00 PM with cultural entertainment and food. We look forward to the opportunity to connect and share our culture with one another and our families.



Our next meeting is scheduled for Monday, December 8th at the Earl Grey Community Centre at 6:30 PM. We are pleased to have guests attending from the Red River Metis Shoebox Project sharing about their project with members.

New Horizons wishes all Locals, Executives and members a productive and meaningful fall and holiday season ahead.



REDBOINE COUNCIL FALL 2025

REPORT OF ACTIVITIES

Council continued to fulfill its obligations to hold four meetings per year. This past summer and early fall was challenging for the Council to find a venue to hold its meetings as the Métis Club was being used to provide much needed assistance to Métis citizens impacted by Forest Fires. Alternate facilities were found at the Ralph Brown Community Centre.

Council met on April 25, 2025, and the Spring meeting was delayed to August 26, 2025. The next meeting is scheduled for October 28, 2025, at the Ralph Brown Community Centre from 7-9PM. Thereafter, Council will be holding a short meeting prior to the 2025 Christmas party to be held on December 6, 2025 from 5-9PM at the Ralph Brown CC.

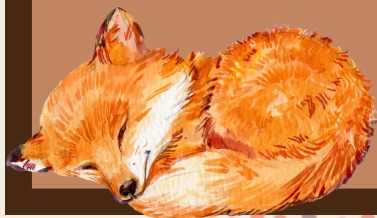
The August meeting was very well attended with returning and many new citizens who were very interested in the affairs of Council and MMF.

Council appointed Esther Ducharme as our new Elder Representative, replacing Doris Hayden who retired from Council. Margaret Barron was appointed as an alternate to Esther. Council also appointed Jera Krusp as our Youth Representative, who replaced April Lavallee. Council thanked Doris and April for their support and welcomed the new representatives.

The business part of the meeting included the preparation of the Local Capacity Grant application and future workshops and fund raising activity and sociably, we discussed plans for the 2025 Christmas Party.

Council thanked Minister David Beaudin and Minister Joanne Remillard for bringing greetings from MMF and the Region.

Finally, plans were made for attendance at the Winnipeg Region 2025 Annual Regional Meeting held on September 6, 2025 and the MMF 2025 AGA.



SEVEN OAKS MÉTIS COUNCIL



Métis Beading Circle

All Red River Métis are welcome and registration is ongoing.

Every Four Weeks, on Wednesdays
April 9, May 7, June 4, July 2, July 30, August 27, September 24, October 22, November 19, and December 17, 2025, January 14, February 11, and March 11, 2026

Location: The Métis Club - 406 McGregor Street
Time: 6:00pm to 8:00pm

To Register, [Click Here](#) or Scan the QR Code Below

Bring your own supplies and projects.
If you need some supplies, limited supplies will be available.



Seven Oaks Métis Council has been keeping Local members and other Red River Métis Citizens busy with a variety of cultural programs and community building events.

We would like to invite ALL Red River Métis Citizens (and any non-Métis family members) to join us for our recurring Red River Métis Beading Circle. These are not formal classes, but a chance to socialize and learn from your peers. Bring a current project or start something new with the supplies provided. Beading circle is held every fourth Wednesday, 6-8PM at the Métis Club.



Elves Paint Night Extravaganza

In support of Seven Oaks Métis Council's 14th Annual Christmas Hamper Drive

Bring a donation (non-perishable food item, household gift, or monetary donation) to join us for an evening of arts and crafts, snacks, and holiday cheer!

All ages are welcome.

December 6, 2025
5PM - 8PM
406 McGregor St

Please RSVP to:
hannah@sevenoaksmetiscouncil.com



Back by popular demand, our third annual Paint Night Extravaganza in support of our 14th Annual Christmas Hamper Drive is scheduled for December 6, 2025 from 5-8PM at the Métis Club. Bring a hamper donation (non-perishable food item or household gift) to join us for an evening of arts and crafts, snacks, and holiday cheer!

WINNIPEG NORTH

Winnipeg North Local continues to grow and thrive, finding its footing and identity after emerging from dormancy during the pandemic years. A notable characteristic of our membership is a strong spirit of volunteerism. This was especially evident over the summer during the wildfire evacuation, when several members generously volunteered their time to support evacuees, with some being present for days and weeks.

The same energy and enthusiasm were evident as we organized a Winnipeg North basket for the Rainbow Auction at the upcoming Annual General Assembly. This is our second year contributing a basket to the event, and many members volunteered their skills such as beadwork, making preserves, sewing crafts, and more, to help create a meaningful prize.

Additionally, Winnipeg North Local was one of three Locals that collaborated to host an Orange Shirt Day event at St. Vital Park on September 30. Thanks to the joint efforts of our Local, Lii Michif Otipemisiwak 2SLGBTQ+ & Allies Local, and the St. Norbert - La Barrière Métis Council, we provided attendees with a memorable experience that included food, music, thoughtful remarks, and a strong sense of community. Our Local's spirit of volunteerism was on full display, with most of our attendees also offering their support as volunteers, whether by serving beverages, helping with clean-up, or assisting with setup and tear-down. Their contributions were vital to the event's success.



Recipe Corner



This Fall, we invited Citizens to share their favourite seasonal dishes, celebrating the flavours and traditions that bring our Métis community together.

This cherished recipe comes from Gisèle's grandmother. Sweet, comforting, and full of memories, this classic dessert captures the warmth of Métis home cooking. Whether it's served fresh from the oven or enjoyed the next day with a cup of tea, this pie is a true taste of tradition.



DELICIOUS RAISIN PIE

RECIPE BY GISELE SIMMONS

Simmer for 10 minutes:

2 cups dark raisins

2 cups water

Mix together:

½ cup white sugar

2 tbsp flour

1 pinch salt

Gradually add to raisins

Cook until thick

Blend in:

½ tsp vanilla

1 tbsp butter

1 tbsp lemon juice

Bake for 30 minutes at 350F

Enjoy!

Nothing says fall quite like a warm bowl of homemade pumpkin soup. The Prettie Family shared this cozy recipe, a seasonal favourite that's perfect for chilly evenings and family gatherings. Creamy, comforting, and full of autumn flavour, it's a wonderful way to celebrate the harvest and enjoy the simple pleasures of the season.

PUMPKIN SOUP

RECIPE BY THE PRETTIE FAMILY

Ingredients:

- 3 pound sugar pie pumpkin, cut into 1.5" chunks & skin/seeds off
- 2 tablespoons butter
- 1 onion, chopped
- 2-4 garlic cloves, peeled & minced or pressed
- 2 teaspoons curry powder
- 1 teaspoon cumin powder
- 1 quart Vegetable or chicken broth/stock
(3 cup broth/stock and 1 cup water)

Instructions:

1. In a soup pot, melt butter and sauté the onion and garlic for two minutes.
2. Add curry and cumin.
3. Add the pumpkin and broth, bring to a boil, uncovered, then reduce heat and let simmer for 15 to 45 mins or until pumpkin is soft and flavors blend.
4. Remove from heat and use a stick blender to blend until smooth (If using a blender; make sure that the soup is cooled a bit before blending to avoid a soup explosion).
5. Season to taste with salt and pepper.



PUMPKIN SOUP CONTINUED...

RECIPE BY THE PRETTIE FAMILY



Flavours to add to change things up:

Thai red curry – sauté 2 Tbsp. red curry paste in 1/2 Tbsp. oil over medium heat. Cook for 2 minutes until fragrant, then proceed with recipe. Try adding coconut cream before serving; it's delicious!

Ginger– include 1 Tbsp. finely chopped ginger with butter, onions & garlic.

Lightly Spiced – replace recipe spices with 1/2 tsp each cumin, coriander and smoked paprika.

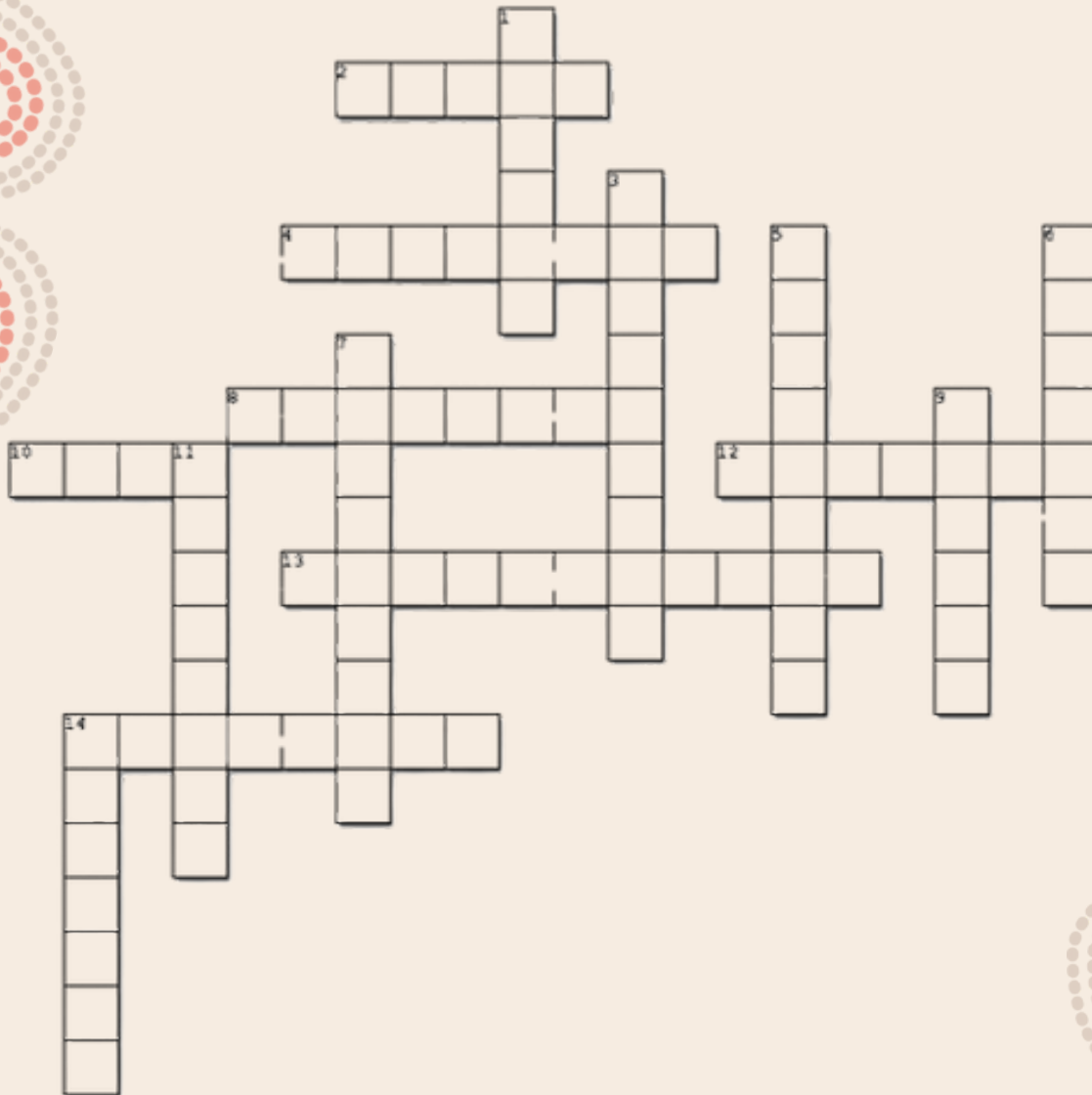
Turmeric – replace recipe spices with 1 1/2 tsp each ground turmeric, coriander and 1/4 tsp cayenne pepper

Touch of Sweetness – replace recipe spices with 1/2 tsp ground cinnamon, 1/2 tsp ground nutmeg, 1/8 tsp cloves. After Blending add 1/2 cup milk/cream or coconut cream and 2 Tbsp. of maple syrup or honey.

Note:

- Using a carving pumpkin/Jack-O-Lanterns; while they are edible, they are not as tasty.
- This recipe works with butternut squash!
- For a chunky soup do not puree (could also add potato, carrots, sweet potatoes etc. to make the soup go further)
- Canned pumpkin puree (2 cans) OR frozen pumpkin Puree (about 4 cups worth); cook first for about 5 minutes to remove any tin or freezer flavors & pull out some of the excess water.
- Never boil soup after adding cream; it will separate!

Fall Crossword!



Across

2. The distinct Indigenous People recognized as descendants of First Nations and European settlers.
4. A traditional Métis food made from dried meat, fat, and berries.
8. The history and identity carried forward by Métis families.
10. A traditional woven belt worn by the Métis, often red and fringed.
12. The shared beliefs, values, language, and art of the Red River Métis.
13. The recognition of belonging to the Métis Nation.
14. A traditional Métis art form used to decorate clothing and accessories.

Down

1. The traditional language of the Métis, blending French and Cree.
3. A celebration that brings Citizens together to share food, stories, and music.
5. The heart of Métis culture, built on connection and support.
6. The season of gathering crops and celebrating the bounty of the land.
7. Customs and teachings passed down through generations.
9. The season of colourful leaves, cool air, and community celebrations.
11. The Red River Métis Nation's historic territory and cultural heart.
14. A staple food in Métis and Indigenous households, often cooked over a fire.

Métis Word Scramble

IYFTNNII	
FLABFUO	
IERARIP	
AINNOT	
EOGVRNENAC	
DITIYNE	
IITTDNAOR	
ESEILERNC	
EMEORYCN	
TLYORINGSLE	

CONTACT US TODAY!

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